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## Positive And Negative Aspects Of The Psychological Impact Of The Virtual World

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### ABSTRACT

In today's age of the Internet, computers and mobile phones for people of all ages are available in almost every home. In addition, in today's world-wide pandemic, the use of the Internet for education and all aspects of cultural, socio-economic life as well as games such as games is growing rapidly. This, in turn, has a psychological effect on the individual, both positively and negatively on our society and national values. In this article, I have tried to highlight the positive and negative aspects of the internet world that affect the individual. In the article we will focus on the role of the virtual world in human life, the need not to depend on it, to use it for useful purposes.

### KEYWORDS

Internet, virtual world, social network, dependence, national value, national language, personality, feelings, communication, need, ability, morality, psychological extreme freedom, out of subjective local control.

## INTRODUCTION

Nowadays, the Internet must have a strong social security. At one time, the network served only to keep abreast of developments in the world of research, but now it has become widespread among the industry. Naturally, its fast, low-cost, easy-to-use and easy-to-use interface is popular. Because the world of the Internet knows no boundaries in time and space, there is no difference between people.

Young people interested in information from various social networks are involved in the acquisition. Internet networks cannot be restricted. Because the children were allowed to do anything, they just had a high level of interest. If information from an unhealthy lifestyle in the youth network affects certain sources, it is possible to make them more interested and focus on this information. For this reason, just as adults have made it clear to children since birth that they cannot touch flying objects such as hot teapots, approaching work, knives, scissors, it is necessary to explain the safety of information in the network, to manage their data access.

## MAIN PART

In recent years, various social networks have become an integral part of the Internet world. As of March 2021, 4.8 billion people worldwide use the global network. Of these, 3.8 billion are simultaneous users of social networks.

So what is a social network? To put it bluntly, social networks are sites that provide online "online" communication and communication between people via the Internet, and that

contain various personal information of their members. For example, social networks such as Facebook, Instagram, Mail.ru and messenger networks such as Telegram, WhatsApp, WeChat and Imo, which are now widespread in the world, are among them.

According to the latest statistics for 2021, the number of Facebook members worldwide is more than 2.6 million, the number of YouTube subscribers is more than 2 million, followed by WhatsApp 2 million, WeChat 1, It has 2 million, Instagram 1.1 million and the fast-growing Tik Tok has 800,000 members. The bottom line is that half of the world's population is a social network user. This is a reminder that social media is inseparable and should be used properly.

## RESULTS AND DISCUSSIONS

When it comes to the convenience of such social networks,

1. At the same time, it is a positive thing to be able to establish direct contacts with social networks and exchange ideas with relatives and strangers living in other countries, friends and peers in various fields. This is because people cannot live without a social environment and communication with others, and such networks fully satisfy people's thirst for communication and allow a person to move away from feelings of loneliness.
2. At the same time, most social networks include blogs and groups that provide opportunities for learning different languages, distance learning from foreign

universities, and cultural and educational needs.

3. Ability to remotely purchase railway, air and transport tickets, as well as tickets for various cultural events and concerts remotely via the Internet.
4. The ability to remotely participate in conferences of various psychological, pedagogical and various fields, to listen and ask questions.
5. Access to entertainment and cultural entertainment, as well as missed shows, movies, cartoons, concerts, etc.
6. The ability to purchase and deliver a variety of items, clothing and food and other items remotely.

However, it should be noted that in recent years, social networks have become not only a means of communication and need, but also a hobby. Bill Gates, the founder of Microsoft, said that "Internet addiction is considered a disease like addiction and it is not easy to get rid of it, it can be overcome only through special rehabilitation treatments." In other words, it means that the level of dependence on the Internet has increased due to the misuse and abuse of the Internet by people and their misinterpretation in the human mind.

In this sense, during virtual communication, a person acquires phenomenal moral freedom, which directly negates the moral norms of society. Given this hypothesis, the psychological impact of social media on society and the individual can be considered in the following ways.

1. Jargon (distortion of words), vulgarism (obscenity, swearing, insulting words) and barbarism (rude use of words in other

languages) are freely used in speech, which directly leads to the violation of the national language and excessive psychological freedom, subjective local control. It leads to a loss of respect for others.

2. It is also possible to deny any ethical principles in self-expression (for example, to post seductive personal photos on social media). According to 2019 statistics, there are so many pornographic videos and photos on the Internet that each user spends 3 minutes a day. This leads to moral and psychological corruption in the individual, loss of sense of shame, and a negative impact on our national values.
3. There is a psychological and spiritual effect on the person of messenger groups and videos on the Internet, which can carry out inhumane acts, such as inculcating various alien ideas in the minds of young people, creating chaos in society through information attacks.
4. Processes such as touching the human personality are observed. Disclosure of other people's personal information on social media can lead to emotional trauma, ridicule and threats. This often leads to a tragic situation, such as suicide. As we all know, the 2017 Blue Whale game is a good example of this.
5. The purchase of Internet packages and excessive spending on various Internet services creates a financial deficit.
6. Causes physiological damage to a person and causes various diseases.
7. Because of the virtual world, a person does not realize that his time and life have passed. This reduces a person's ability to develop abilities and means that he or she is dying.

8. Excessive penetration in the virtual world leads to the tragic end of a person's life. In other words, there is a tragic death of drivers in traffic jams due to Internet addiction.

Strictly speaking, social networks have a negative moral and psychological impact on adolescents, especially during adolescence, when the process of socialization culminates. Addiction to social networks can lead to social isolation, the predominance of virtuality, humanity, rudeness, irritability, and nervousness in adolescents, even adults.

According to scientists, it is difficult to say exactly how virtual reality affects the change of human consciousness, because the hypermotivation underlying the dependence on virtuality (a very strong tendency) has not yet been sufficiently studied. The topic of virtual reality, in turn, requires a lot of research and time.

## CONCLUSION

In order to avoid some of the dangers in the virtual world, we need to pay attention to the following recommendations and conclusions:

1. When young people want to use the network, it should not be left out of control;
2. It should be explained that from the very first steps of young people to the network, they can come across not only "good" but also "bad" information on the Internet;
3. Explain the rules that need to be considered when maintaining a source on the Internet;

4. It is important to emphasize that young people should not forget the rules of discipline in the network, as in real life;
5. In some cases, restrictions should be placed on the use of the Internet by young people;
6. We need to make it a habit to watch young people's conversations every day;
7. First of all, we need to teach ourselves and young people to consciously interpret what we use before using the Internet.

From the above, it can be concluded that prevention is better than cure. If we form national consciousness and thinking, high spiritual qualities in young people and bring them up through national traditions and moral norms inherent in our mentality, we will achieve our goal. Because the future of the country is in the hands of young people.

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